Two Paths, One Soul: Akashic Records and Past Life Regression Compared

by Mamta | mamtaakashicreader.com

Have you ever had a moment — maybe while sitting quietly or waking from a vivid dream — where you felt like your soul was trying to tell you something?

Maybe it was a memory you couldn't explain, a strong emotional pull toward someone, or a deep knowing that this life is just part of a much bigger picture.

I've been there too. And that curiosity led me to explore two beautiful, transformative paths: **the Akashic Records** and **Past Life Regression**.

Both have helped me — and many others — heal, understand, and reconnect with who we truly are. But they're very different experiences. So if you're wondering which one is right for you, let me walk you through them, not as a professional talking at you, but as someone who's walked these paths with an open heart.

The Akashic Records: Conversations With Your Soul

To me, accessing the Akashic Records feels like sitting down with a wise, loving version of myself — the part of me that remembers everything. It's not about reliving the past, but about understanding it from a higher perspective.

When I open your Records during a session, I'm not predicting your future. I'm listening. I'm receiving insights from your soul's long journey — the patterns, the choices, the lessons — and passing them along with care.

You might ask about your purpose, your relationships, why certain things keep happening, or what's blocking you. And what comes through isn't always what you expect — but it's always what you need.

Sometimes it brings peace. Sometimes it brings tears. But it always brings you closer to yourself.

Past Life Regression: Feeling It For Yourself

Now, Past Life Regression is something else entirely. It's not me giving you messages — it's *you* going inward and remembering.

In a PLR session, I gently guide you into a relaxed, meditative state. From there, your own soul brings forward a past life memory that's relevant to what you're facing now. You might find yourself in a completely different era, in a different body, living a moment that explains something you've always carried but never understood.

I've seen people come out of these sessions stunned — not because it was dramatic, but because it felt so *real*. A lifelong fear suddenly makes sense. A strange connection with someone clicks into place. Emotional weight you didn't even know you were holding finally starts to lift.

It's not always easy, but it's incredibly healing.

So, Which One Is For You?

Here's the honest answer: **it depends on what your heart needs right now**.

- If you want gentle clarity, a wider view, or to feel held and guided — the Akashic Records might be where you start.
- If you want to *feel* something directly, to go deep and release something stuck — Past Life Regression could be what your soul is asking for.

Some people do both. Some start with one and are called to the other later. There's no wrong way to explore your soul.

You Don't Have to Do This Alone

I created Mamta Akashic Reader not just as a service, but as a safe, compassionate space for people like you — people who are curious, sensitive, and ready to grow.

This kind of inner work isn't just about healing the past. It's about making peace with who you are right now, and finding the strength to step forward with more clarity and trust in yourself.

If any part of this spoke to you, maybe it's time to explore your soul's story. I'd be honored to walk that path with you.

With warmth,
Mamta
https://mamtaakashicreader.com